

# APPS Canteen

## DAYS OF OPERATION IN 2017

### Monday, Wednesday, Thursday and Friday

Enquiries – School Office 9544 1553 or Dia Kapaklis 0418 536 154

***THE CANTEEN IS CLOSED ON TUESDAYS***

#### How to order:

Write your child's name, grade, room number, lunch order and amount of money enclosed, (correct amount appreciated) on a brown paper bag or envelope. Your child should then place the bag/envelope in the lunch order tub in their classroom.

### Menu/Prices effective Term 1, 2017

#### **WICKED WRAPS AND ROLLS**

<b>Amsleigh Amazing Amazon</b>	<b>\$3.50</b>
<i>Traditional wholemeal roll with cheese and sumo salad (Tomato, cucumber, carrot and lettuce)</i>	
<b>Pita wraps</b>	<b>\$4.20</b>
<i>Pita wrap with sumo salad with your choice of leg ham, roast chicken, tuna or cheese</i>	
<b>Thai Chili Chicken</b>	<b>\$4.20</b>
<i>Chicken tenderloin in a long sub roll with sweet chilli sauce and sumo salad</i>	

#### **SUPER SANDWICHES / TOASTED SANDWICHES**

All served on ABBOTT'S wholemeal bread unless otherwise requested.

Sumo Salad	<b>\$3.00</b>	Ham	<b>\$3.00</b>
Leg Ham and Salad	<b>\$3.50</b>	Roast Chicken	<b>\$3.00</b>
Roast Chicken and Salad	<b>\$3.50</b>	Tuna	<b>\$3.00</b>
Tuna and Salad	<b>\$3.50</b>	Egg and Lettuce	<b>\$3.00</b>
Egg and Salad	<b>\$3.50</b>	Cheese	<b>\$2.00</b>
Tomato	<b>\$1.70</b>	Vegemite	<b>\$1.50</b>

Extra's available: Beetroot, Onion & Pineapple - **\$0.50**

Avocado & Cheese - **\$1.00**

Also available on rolls EXTRA **\$0.30**

#### **HEARTY HUNGER BUSTERS**

Lasagna	<b>\$4.00</b>
Spaghetti Bolognaise	<b>\$4.00</b>
Baked Potato with Sour Cream, Coleslaw and Cheese	<b>\$4.50</b>
Fried Rice ( <i>onion, bacon, egg, capsicum, carrot</i> )	<b>\$4.00</b>
Corn Cobette	<b>\$1.00</b>
Asian Platter ( <i>3 spring rolls, 3 mini dim sims</i> ) & Salad	<b>\$4.00</b>
Noodles (Chicken Flavour)	<b>\$3.00</b>

# APPS Canteen

<b>REGULAR HUNGER BUSTERS</b> (Tomato / Soy Sauce Extra)	<b>\$0.20</b>
Pies & Pasties	<b>\$3.20</b>
Sausage Roll	<b>\$2.80</b>
Party Pie / Party Sausage Rolls	<b>\$1.00</b>
Spinach & Cheese Rolls	<b>\$3.80</b>
Hot Dog	<b>\$2.80</b>
Chicken Breast Nuggets (3 as a serve)	<b>\$2.00</b>
Crumbed Chicken Tenderloins	<b>\$2.00</b>
Sushi Handrolls ( <i>Chicken Teriyaki or Tuna</i> )	<b>\$2.50</b>
Cheese & Spinach Pastizzi	<b>\$1.00</b>

<b>BRAIN FOOD BURGERS</b>	
<b>Chicken Burger</b> ( <i>Chicken Tenderloin in a wholemeal long roll with lettuce and mayonnaise</i> )	<b>\$4.00</b>
<b>Fish Burger</b> ( <i>Crumbed fillet in a wholemeal roll with lettuce and tartare sauce</i> )	<b>\$4.00</b>
<b>Beef Burger</b> ( <i>In a wholemeal roll with cheese and lettuce</i> )	<b>\$4.00</b>

<b>SALAD TUBS</b>	
Fresh Fruit Salad	<b>\$3.50</b>
Fresh Fruit Salad with Yoghurt	<b>\$4.00</b>
Fresh Salad Plate	<b>\$4.00</b>
Chicken / Tuna extra	<b>\$1.00</b>

<b>DRINKS</b>	
Nippy's Milk (250ml) <i>choc, straw &amp; coffee</i>	<b>\$2.00</b>
Fruit Juices	<b>\$1.50</b>
Spring Water	<b>\$1.50</b>
375ml Sportz Water ( <i>raspberry, fruit tingle/blackcurrant</i> )	<b>\$2.00</b>

<b>ENERGY SNACKS</b>			
Sultana packs	<b>\$0.80</b>	Cobs popcorn bags	<b>\$1.50</b>
Pretzel Packs	<b>\$1.00</b>	Anzac Biscuits	<b>\$0.40</b>
Dried Apricot Packs	<b>\$1.00</b>	Cheese Stick	<b>\$1.00</b>
Banana Chip packs	<b>\$1.00</b>	Fruit Muffin (Thurs ONLY)	<b>\$1.50</b>
Vegie Chips (Gluten FREE)	<b>\$1.20</b>		
Hard Boiled Egg	<b>\$0.80</b>		
Licorice Strap	<b>\$0.80</b>		

<b>ICY POLES / ICE CREAMS</b>	
Lemonade Icy Twist	<b>\$1.00</b>
TNT	<b>\$1.00</b>
Frozen Yoghurt ( <i>Strawberry or Mango</i> )	<b>\$2.00</b>
Frozen Apple Juice Cups	<b>\$0.70</b>
Paddle Pops ( <i>Choc, Rainbow, Banana</i> )	<b>\$1.50</b>
Min Raspberry/Lemon Callipo	<b>\$1.00</b>
Sunny Boys	<b>\$1.50</b>
Paddle Pop Shaky Shake	<b>\$2.00</b>

